

TRAIL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal, Dr. Michael Eamon

Dear Traillites,

I hope that you are having a good break from classes. The weather has been incredible in Peterborough. It is hard to believe that it is almost November. Indeed, it is a perfect week for **Diwali**. To everyone who is celebrating, I would like to wish you a happy Diwali. May you be blessed with light and warmth, now, and throughout the year.

Work on the Amphitheatre continued this week including the pouring of the concrete paths and the planting of over half a dozen trees. More landscaping and plantings are planned for next week. Today, the College experienced a short-term power outage that allowed for workers to connect the hydro mains of the College to the Amphitheatre. This is just another exciting milestone that hints that completion of the project is not to far off in the future.

Last week, the results of the recent Traill cabinet elections were verified. On behalf of the entire Traill community I would like to welcome:

Krista Kartick	President
Taylor Labelle	Minister of Community Relations
Morgan Loughlin	Minister of the Environment & Archivist
Rukshani Adikari	International Student Representative & Minister of Social Affairs
Jacob (Skip) Ferguson	Don on Cabinet
Lyne Soroka-Sarrazin	Minister of Academics
Aidan Cooke	Junior Senate Liaison

I am glad to see that student government is alive and well at Traill and wish our new Cabinet only the best for the new year.

Classes are back in full swing next week and I look forward to seeing students back in the College. Don't hesitate to drop by my office to tell me how your reading break went.

Talk soon,

Michael

A stylized, handwritten signature in black ink, appearing to read "Michael Eamon".



Needing an Appointment?

**Academic Advising
Same-Day Appointments**
Every Friday
from 9am - 4pm
Booked by the College Office



**Academic Skills
Appointments**
Monday-Friday
afternoons; appointments
available to book at 9am.

Cabinet Corner

Keep an eye out for upcoming events and fundraisers with Trail College Cabinet!

To keep up to date with the college, follow us on social media!



Looking to book an academic appointment?



Visit the advising website for the full schedule. Trail will have same-day appointments Fridays from 9am - 4pm starting September 23rd. To book, call the Academic Advising Line at 705-748-1011 ex. 7333. Same-Day Appointments start at 9am and appointments are first-come, first-served.

Academic Skills appointments are available for booking by logging on to the Student Experience Portal and selecting an available date and time.

If you are a **Graduate Student** and require Academic Advising support, please reach out to graduate@trentu.ca or your home department.



Swag Shop



Click here to view our online swag shop and order by contacting 705-748-1011 ext. 7020 or traill@trentu.ca!





Backwoods Baking Presents:

Pumpkin Pie Fudge
by Amanda Formaro



INGREDIENTS

- 3/4 cup unsalted butter
- 3 cups sugar
- 2/3 cup evaporated milk 5-oz can
- 1 cup canned pumpkin
- 2 tablespoon light corn syrup
- 2 1/2 teaspoons pumpkin pie spice
- 9 oz white chocolate chips 1 1/3 cups
- 7 oz marshmallow fluff
- 1 teaspoon vanilla extract

INSTRUCTIONS

1. Line a 9×9 baking dish with aluminum foil so that there's extra hanging over all four edges. Lightly coat foil with cooking spray.
2. Melt butter over medium heat in a medium saucepan. Stir in the sugar, milk, pumpkin, corn syrup, and pumpkin pie spice and increase heat to medium-high.
3. Cook, stirring constantly, until mixture comes to a boil. Continue cooking, stirring frequently, until 235 degrees F. This can take anywhere from 10-20 minutes.
4. Remove pan from heat. Stir in white chocolate, marshmallow fluff, and vanilla until well blended.
5. Pour hot fudge mixture into the prepared pan. Let stand 2 hours or until completely cool.
6. Refrigerate for one hour

Happy Box

OCTOBER IS
**EAT
BETTER,
EAT
TOGETHER**
MONTH!

How-To

Celebrating Parr Trail College
Nonis cognosce se paris

Click [here](#) to check out Traill College's Happy Box How To's!

October will be focused on healthy eating. Check out previous videos for help with different skills.

Trail Mix



Why did the skeleton go to the hospital?

To get his ghoul bladder removed!

What's going on at the College on the Hill?

Trent University Music Society Presents:

OPEN MIC NIGHT

IN PARTNERSHIP WITH TRAILL COLLEGE

8:30-9:30 PM
THE TREND,
TRAILL COLLEGE

EVERY
SECOND AND FOURTH
THURSDAY OF THE
MONTH

➤ No Registration or Musical Talent Required.

@traillcollege @trentu.music



No registration or musical talent required! Come to the Trend and enjoy the music and the space every **second** and **fourth Thursday** of the month.

YOU ARE INVITED TO

MOVIE NIGHT

AT TRAILL COLLEGE

WEDNESDAY NOVEMBER 2ND, 2022
7PM-9PM
BAGNANI HALL



TRAILL COLLEGE

If you can't make it for the Halloween movie night, don't worry, we have more! going on! A free to attend drop-in movie night will be happening in Bagnani Hall from 7-9pm on November 2nd.

School of Graduate Studies Open House

Peterborough Campus
Monday, November 7, 2022
10 a.m. to 2 p.m.
Trent Student Centre, Event Space



TRENT UNIVERSITY
SCHOOL OF GRADUATE STUDIES

trentu.ca/graduatestudies


Thinking about grad school? Learn more about our graduate programs at the School of Graduate Studies in-person open house, Nov. 7th. RSVP today!
<https://bit.ly/3TTcMzQ>

MOTIVATION MONDAYS: GRADUATE STUDENTS WRITERS' GROUP

EVERY MONDAY 10:30 TO 11:30 AM
SENIOR COMMON ROOM (SCR)
SCOTT HOUSE, TRAILL COLLEGE

Set goals, learn motivational tips,
and plan your week

September 26 - December 5
For more information:
Academic Skills website



ACADEMIC SKILLS
IN THE COLLEGES

Motivation Mondays for graduate students! For those awful Mondays that we all dread. This is for it's victims. Please visit Academic Skills website for more information on the event.

What's going on at the College on the Hill?

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**REASONS
WHY YOU
SHOULD
SPEAK
WITH AN
ACADEMIC
ADVISOR**

IN OCTOBER

ACADEMIC
ADVISING

TRENT
UNIVERSITY

Why Should You Speak to an Academic Advisor?

1. Planning ahead for the final date to withdraw (drop) Fall term courses on November 8, 2022. If you are planning or unsure about dropping a course, you may wish to book an appointment with an Academic Advisor to review your degree requirements and plan.
2. Applying to Graduate this year? The application to graduate in January 2023 is November 8, 2022. If you are applying to graduate in January or June 2023, we recommend reviewing the DIY Degree Check tool on the advising website and booking an appointment if you have questions.
3. Winter Course Selection: this is a great time to meet with an Academic Advisor to ensure you are registered in the correct courses for the Winter term.

TRENT
UNIVERSITY
CONTINUING EDUCATION

IN-PERSON INTERACTIVE
WORKSHOP \$50

PERSONAL ESSAY WRITING

HYBRID FORMS WITH ADELLE PURDHAM
SUNDAY, NOVEMBER 6, 2022
2-4.30 p.m.

Explore and discuss various types and forms of essays as well as tools and strategies to enhance your craft. Write an essay in a new form, enhance creativity, lean into playfulness and tap into your imagination. Give and receive feedback from other writers.

Follow this link to register:

<https://trentucontinuinged.corsizio.com/c/63286d8f4ab8bc210ebaa5ce>

TRENT
UNIVERSITY
CONTINUING EDUCATION

IN-PERSON INTERACTIVE
FREE WORKSHOP

Brought to you by
CAREERSPACE
CAREERS & EXPERIENCES

**UNDERSTANDING HOW
MONEY IMPACTS YOUR LIFE**

WEDNESDAY, NOVEMBER 9
7-8.30 p.m.

Understanding How Money Impacts Your Life *Free Workshop brought to You by Trent University Careerspace.

Join Gail Moorhouse in the **FREE** workshop in which she will break down the impact of money in your life. Register here

<https://trentucontinuinged.corsizio.com/c/63482abd83a42581931c9025>

What's going on at Trent University?

Academic Skills Learning Labs

Facilitated by Academic Skills in the Colleges

Are you interested in practicing student-tested tips, tools, and strategies to help you learn at university?

Join an Academic Skills instructor and an experienced Trent student in weekly **Learning Labs** over Zoom or in-person.



Learn more at trentu.ca/academicskills!



Academic Skills Learning Lab! Starting the week of September 12, 2022 the learning labs take place twice a week. Each week there is an in-person session and a Zoom session! We look forward to seeing you there!

Campus Tour: Food & Sustainability

2 NOVEMBER 2022
3 pm - 5 pm



SIGN UP TODAY!

PRESENTED BY THE SUSTAINABILITY OFFICE

The Sustainability Office is holding a campus food tour on November 2 from 3-5pm. The event will incorporate food-related sustainability efforts on campus. The location is behind the Athletic Centre at the rowing statue.

STEPS: Skills to Enhance Peer Support
Upcoming Workshop

BYSTANDER INTERVENTION WORKSHOP

November 2, 6:00 - 8:00 pm on Zoom
Register at trentu.ca/sep
(click on the events page)

Learn skills to support your community!

Bystander Intervention Workshop on November 2. Learn strategies to build community safety, discuss what holds us back from helping when we know we can, and practice different interventions. This workshop is offered as part of the Skills To Enhance Peer Support (STEPS) certificate. To register for FREE visit your Student Experience Portal at trentu.ca/sep



Canada HomeShare
by HelpAge Canada

Are you a post-secondary student looking for safe and affordable housing in Peterborough?

Join Canada HomeShare!

Fast facts:

- Intergenerational homesharing arrangement
- Student pays \$400-\$600 per month in rent
- Home provider (55+) receives up to 7 hours per week of household assistance and/or companionship
- Personal reference checks & Enhanced Criminal Record Check completed
- Facilitated by Social Worker



Do you want to learn more about our homesharing program?

Contact us:

peterborough@canadahomeshare.com

1 (800) 786-9773 ext 6

www.canadahomeshare.com



Attention TrentU students! If you're interested in an intergenerational living arrangement and seeking affordable off campus housing (\$400-600/month), @CanadaHomeShare could be the right fit for you! Apply online: www.canadahomeshare.com.



Student Supports

We want you to know you're supported! On-campus and in the Peterborough community, every week we will rotate through groups who can support your unique self.

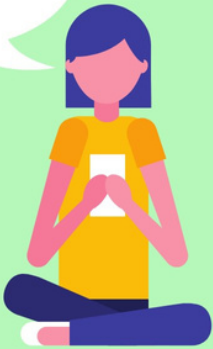


This week we are highlighting Trent University Counselling.

"Trent Counselling Services offers confidential, short-term mental health support, at no cost, to all registered students" Appointments are offered virtually, and in-person.

Learn more about the different services offered and how to book an appointment [here](#).

Hello!



PEER SUPPORT

AT TRENT UNIVERSITY

Check out the Student Experience Portal at ccr.trentu.ca to book a session.

Monday to Thursday 12-3pm.

Fun Fridays from 12-2pm.

@peersupporttrent on IG or FB

Looking for another student's perspective? Book a peer support appointment Monday to Thursday 12pm-4pm through the **Student Experience Portal!**

Here to listen and support. Let's connect.



CAREERSPACE

CAREERS & EXPERIENCES

Careerspace continues to provide Résumé, Cover Letter, or Linked In critique, Interview Prep, and Career Counselling services virtually! These can be booked through the **Student Experience Portal**, just be sure to state whether a **Zoom** or **Phone** appointment is preferred when booking.

Wellness Resources



A return to classes does not have to be a return to old habits.

As Reading Week comes to an end this is a great time to refresh your routine.

To learn more about some easy healthy eating changes and their benefits click [here!](#)

Refresh your Routine!

Healthy Eating Habits

Eat a variety of foods

Reduce the use of salt, oils, and fats

Limit sugar intake



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"You can shed the past. You can't shake it. But you certainly get new skin. You can grow and become stronger."
- Lesra Martin, lawyer